



## ***For Immediate Release***

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### **East Hartford Issues Hot Weather Advisory Cooling Centers Available in East Hartford**

(June 6, 2016) **East Hartford, CT** – Mayor Marcia A. Leclerc announced today that due to the anticipated hot weather and extreme humidity the following public buildings are designated as “Cooling Centers” for those residents in need of some relief from the heat.

<b>South End Senior Center*</b>	<b>70 Canterbury Street</b>	<b>8:30 am to 4:30 pm (Monday- Friday)</b>
<b>Raymond Library*</b>	<b>840 Main Street</b>	<b>9:00 am to 8:00 pm (Monday-Thursday) 9:00 am to 5:00 pm (Friday &amp; Saturday)</b>
<b>Public Safety Complex *</b>	<b>31 School Street (Police Lobby)</b>	<b>24 Hours (All Days)</b>

*\*Note: No special staff or services will be offered at any of these cooling locations.*

Mayor Leclerc encourages residents to “drink plenty of water throughout the day, wear lightweight, loose fitting clothing and limit your time outdoors.” Mayor Leclerc also reminds residents to “regularly check on infants and children, the elderly or physically ill because they are at greater risk for heat-related illnesses. For those who do not have air conditioning, choose places to go for relief from the heat such as malls, theaters, or the designated cooling centers in town.” To view a listing of Town pools and their hours please visit the Parks & Recreation web page.

Elderly people, infants, and many individuals with chronic medical conditions are at high risk for heat-related problems and should be very cautious about exposure. Symptoms of heat-related illnesses may include: headache, dizziness, fatigue, anxiety, nausea, vomiting, and a low pulse rate. Other symptoms may include cold, pale and clammy

skin or hot, flushed dry skin. If any person experiences heat stroke or heat exhaustion, **seek medical help immediately by calling 911**

Residents are also strongly encouraged to avoid leaving children or pets in parked cars. Children's body temperatures can rise up to five times faster than that of an adult, and heatstroke can occur in temperatures as low as 57 degrees. On an 80-degree day, a car can reach deadly levels in just 10 minutes. Pets should also not be left in parked cars for any length of time.

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